

## Positive Alternatives 2015 - 16 Quarterly Update

**Grantee:** Face to Face Health and Counseling Service, Inc.

**Contact:** Dana Hays

**Contact Information:** 651-772-5563, haysd@face2face/org

**Goal:** To support, encourage, and assist young women to complete their pregnancy, have healthy birth outcomes, appropriately care for their newborns, and increase their stability and self-sufficiency as parents.

**For the period:** July – September 30, 2015

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Administrative Activities</b>	Provide ongoing supervision and guidance of grant staff; ensure reporting and evaluation activities are completed		Prenatal case managers, nursing staff, and nurse practitioners meet on a weekly basis to discuss continuity of care, centering pregnancy, and best practices for prenatal clients. Case consultations occur for clients as needed. Monthly meetings regarding grant budget and spending also occur.	
<b>Outreach</b>	Prepare and distribute wallet-sized cards describing Connect program		Women who have positive pregnancy tests at Face to Face are given information about prenatal care and Connect prenatal case management program. Connect cards are also distributed in the community through our Health Education Department at outreach events. Connect case managers spend 2 hours a week at SafeZone (drop in center for homeless youth), providing pregnancy testing, outreach and education to young women, and connecting those needing prenatal care to services at Face to Face. (See more in Comments section).	
<b>Case Management Services</b>	Provide case management support to prenatal clients; provide home visits for clients who have missed prenatal care visits	300	Our case management visits continue to increase, while our numbers of new clients remains at a steady pace. We have identified, and attribute this trend, to the highly complex cases that we continue to see. As mentioned last quarter, our clients have highly complicated lives and present with	360 Visits

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			multiple stressors; including extreme poverty, homelessness, and lack of family or social support.	
<b>Provide Necessary Services Assessments to all clients</b>	Provide intake assessment to determine need. (New Clients)	45	Case managers continue to meet with all prenatal clients at their initial OB appointment (OB History) in order to link clients to necessary services early in pregnancy. Some intake assessments have been done at the time of a positive pregnancy test, while case managers have been providing pregnancy testing to clients at SafeZone.	42 Clients
<b>Financial Assistance</b>	Provide assistance in completing applications for financial assistance;	120	We have exceeded our goal of providing financial assistance to our clients this past quarter. The process for assisting clients in applying for insurance (Medical Assistance) continues to take multiple case management visits and follow up with both MNsure and the county offices.	147 Times
<b>Mental Health</b>	Provide pre-natal and post-partum depression screening; provide referrals to non-PA funded Mental Health providers as needed	70	Included in this count are both Depression screenings and referrals for mental health. GOAL: 60 depression screenings, 10 referrals Actual: 125 Depression Screenings, 21 Referrals As mentioned previously, with the increase in complexity of client situations, we are seeing a direct increase in the mental health needs of our clients as well. Clients referred to Mental Health at Face to Face are able to access intakes quickly, as they are encouraged to attend our walk-in clinic every week. Warm referrals between case managers and mental health staff, greatly improve this process for clients.	146 Times
<b>Nutrition</b>	Provide information on proper nutrition; provide referrals and follow- up; provide food bags, baby formula, and food gift cards as needed	45 – information 25 – food bags, etc.	Food scarcity, and access to adequate nutrition, continues to be a concern for many of our prenatal clients. Providing nutrition education to all new clients, and access to food remains a high priority. Being able to provide food bags to pregnant clients, when requested, continues to be a valued part of our program.	69 Clients

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<b>Parenting Education</b>	Provide two parenting events per year including education on parenting-related topics	100/ year	We did not have a parenting event this quarter. Case managers have already begun planning for our Winter Family Event. We are hosting this event during evening hours this year, and with a full family dinner, to hopefully allow for more participation from all of our clients.	0 Qtr/ 0 Year
<b>Pregnancy Education</b>	Provide pregnancy education within <b>CenteringPregnancy®</b> and prenatal education classes	60 Centering Visits 5 - additional	6 groups with a total of 34 visits; 21 clients in Centering. We maintain our goal of trying to increase our numbers in Centering Pregnancy. This quarter we had two new groups that started with 4 clients in one and 5 in the other. We hope that this initial meeting, of our target group size, will lead to an increase in visits as these groups progress and continue to meet. Our Centering Steering Committee continues to meet regularly in order to address challenges and identify ways to find success in this group model. (See Challenges section.)	34 Visits
<b>Pregnancy Testing</b>	Provide pregnancy testing 2 hours per week at SafeZone location	12	With more clients accessing services at SafeZone (see comments section), case managers have seen more clients for pregnancy testing, while providing testing and outreach there two hours per week.	12
<b>Prenatal Medical Care</b>	Provide prenatal care visits in <b>CenteringPregnancy</b> (60 per quarter) integrating medical care with pregnancy education and support; provide individual prenatal care visits (240 per quarter)	60 – CenteringPre  240 – individual prenatal visits	Our prenatal visits are only slightly under goal for this quarter. Though we did not meet goal for the number of visits, we saw 98 clients in these 272 visits, which has exceeded our anticipated work plan count of 50 clients. As our Centering Pregnancy numbers are under goal, this is also reflective in our prenatal medical visits.	272 Visits

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<b>Provide Necessary Services Assessments Only</b>	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	1	Three clients this quarter received an intake appointment only before moving or transferring their care. They were able to be linked to necessary services prior to exiting our program.	3
<b>Transportation</b>	Provide taxi rides or bus fare for clients to get to appointments.	60	Bus Tokens: 44 Cab Fare: 15 Though trying to assist and encourage clients to utilize their transportation assistance through their health insurance, many clients awaiting insurance enrollment are still in need of help getting to and from their clinic visits. In order to maintain budget goals, we attempt to provide cab rides to clinic visits and bus rides to get home. This helps to ensure that clients get to their appointments on time.	59 Times

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	n/a
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	n/a
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	29
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	29
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	n/a
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	29

**Challenges:** After meeting last quarter in our Centering Pregnancy Steering committee, we continue to seek new approaches to increasing our group attendance. While we did see this in two of our groups, we are also seeing inconsistency in group attendance for those enrolled. Clients seem to be interested in group care and prenatal education in this setting, but still most are not consistently attending their centering groups.

We have identified two strategies that we are going to try and employ this quarter in order to address these problems. In each of our Centering sessions we are going to consistently have a drawing and give away a brand new baby item, in order to incentivize attendance. Donated baby items will be used for these drawings. In November, we are also going to be meeting with another PA Grantee (The Neighborhood House) in order to discuss strengthening warm referrals between our two programs. We are excited about this possibility to grow our Centering Pregnancy participants.

**Comments:** This quarter our Connect team decided to provide targeted outreach to our neighborhood, and suburban Ramsey County, high schools. At the start of the new school year, one of our prenatal case managers reached out to school social workers and arranged visits to promote Face to Face programs and services. Renewing relationships with schools in our community, who are serving the same population, can only strengthen the referral process into our programs. We will continue to foster these relationships and reach out to students in our area, who can benefit from the services provided by Face to Face.

This quarter it was decided, by Face to Face Board of Directors, services will now be available to adolescents 11-24. The Board approved an increase in our age eligibility up through age 24 (to the 25th birthday). This decision coincides with the Minnesota Legislature approval of increasing the age range for services under the Homeless Youth Act. We expect to see an increase in our numbers over the next few months as these changes are implemented and more clients will be able to access services at Face to Face.